

Introducing Richmond Parkinson's Dance Project

Pilot Program begins in Richmond January 12, 2011!!

Where: *Simply Ballroom Dance Studio,
3549 Courthouse Rd., Richmond, VA 23236*

When: *Wednesdays from 11:00am - 12:00pm
(Pilot program will start with every other week
classes. If enough demand exists, we hope to
make this a weekly class).*

Cost: The class is *free* and open to the public.
You do not have to have Parkinson's to participate.
Caregivers, friends, and family are welcome.

RSVP: For more information or to reserve a spot
in class please contact
**Veronica Braun, (804) 276-3343 or
dance@simplyballroomva.com.**

The Richmond Parkinson's Dance Project is based on the premise that professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. Dancers know about the power of dance to concentrate mind, body and emotion on movement because they use their thoughts, imagination, eyes, ears and touch to control their bodies every day.

Our program integrates movement from modern and theater dance, ballet, folk dance, tap, improvisation, and ballroom dance. The class addresses such PD-specific concerns as balance, flexibility, coordination, isolation and depression.

The classes engage the participants' minds and bodies, and create an enjoyable, social environment that emphasizes dancing rather than therapy. The class will be taught by Veronica Braun of Simply Ballroom Dance Studio. Veronica is a ballroom dance instructor and has received training from the founders of the original program, Dance for PD, www.danceforpd.org at the Mark Morris Dance Center in Brooklyn, NY.

Why Dance for Parkinson's?

- ◆ Dancing is joyful, especially to upbeat music.
- ◆ Dancing is a social activity.
- ◆ Dancing is excellent exercise. A dance class provides a complete workout.
- ◆ Dancing stretches, strengthens, and relaxes muscles.
- ◆ Dancing is, first and foremost, a mental activity. Dancing involves using the brain as well as the body to control movement. The brain gets a complete workout too.
- ◆ Dancing makes use of the senses. Conscious use of vision, hearing and touch make moving easier for persons with PD, just as it does for dancers.

